



# KIRKLAND TEEN

## CLASSES

**348 Kirkland Ave  
Kirkland, WA 98033  
425.822.3088 • ktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally.

### Fall & Winter Hours

Tuesday & Thursday ..... 3-8 pm  
Wednesday ..... 1-8 pm  
Friday ..... 3-9pm / 3-11pm for concerts  
Saturday ..... 4-8pm / 4-11pm for concerts

### Resource Partners

#### Youth Eastside Services (Y.E.S.)

A Y.E.S. professional is on-site over 4 days a week to provide FREE counseling and resource referrals to youth in need. Whether youth are seeking resources or just need to vent about the stresses of life, our Y.E.S. staff is here to help. Youth can drop in during our normal hours or schedule an appointment by emailing [katel@youtheastside-services.org](mailto:katel@youtheastside-services.org).

#### Friends of Youth, Outreach

Outreach can help homeless youth with emergency shelter, transitional living programs, food, clothing, pregnancy issues, education, legal assistance, parenting resources, counseling, and other ongoing support and advocacy needs. Youth can either work with KTUB staff to connect with a case manager or call directly at 425.298.4846.

**Register at  
[www.ktub.org](http://www.ktub.org)**

KTUB also offers a regular schedule of classes with special offerings throughout the year. Programs range from yoga to fashion design to gardening. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. *For most up to date information visit our website at [www.ktub.org](http://www.ktub.org) or email [programs@ktub.org](mailto:programs@ktub.org).*



### Arts and Media

#### Silk Screening

It's time to be your own fashion designer and leave the others behind. Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

#### Youth Institute

This year-round program utilizes technology as an engagement tool to increase social, academic and workforce skills. Using the most cutting-edge and highest level technology and software participants learn about and create their own digital music, videos, magazines, graphic designs, and edit their photography. During the summer an 8-week structured program allows youth to apply for the chance to complete and earn an academic stipend. During the school year, a more casual structure allows them to seek homework help, work on individual projects, and explore new techniques. Participants in this program emerge with improved confidence, academics, and industry level technology skills.

### Recreation

#### Chill

Burton's Chill Snowboarding program is a six week program that uses snowboarding to teach life skills and increase self-esteem all while participating in a new and exciting outdoor experience. CHILL is for first time learners and provides everything from transportation, to gear, lift tickets, and coaching at NO COST to the participant! This is one of KTUB's most popular and longest running programs!

### Music and Cafe

#### One Song, One Chance

Back for the THIRD year! This incredible contest will be held in October giving even more talented young musicians the chance to win a band development deal. Winners receive studio time, mentorship, concerts, promotions, marketing tools, merchandise, CD's and more! This truly unique program will produce artists that are ready for the next level of the music industry. For the most up to date information on this contest and program, *find us on Facebook or go to [KTUB.org](http://KTUB.org).*



#### Cafe

The KTUB CAFÉ 321 Training Program is a 6 week program that incorporates active training in coffee making and soft skills. This training program is designed to teach teens the skills required to work at a local service establishment. This program provides a chance to improve and learn new skills needed to carry you over to the professional job world. You will be required to complete a demanding checklist of drink recipes and skill sets. Upon completion of course, participants will receive a professional reference, written recommendation of employment, interview practice, and a Food Handlers card.



# UNION BUILDING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Open Mic

Are you a young singer, songwriter, or poet? Join KTUB for a relaxed night of music, expression, coffee, and community. **Mark your calendar for the 1st Friday of Every Month.**

## Producers Club

Producer's Club is a new opportunity for electronic musicians to gather and hone their craft. Topics range from songwriting and production to mixing and mastering your tracks. We invite all skill levels and genres to come, share songs, and learn techniques to improve your music as well as your mix. **Drop in every Tuesday • Meetings last Tuesday of the Month**

## Music Internships

This full academic year program allows a young team of musicians to learn booking, promotions, music business, sound engineering, event management and more. They take a lead role in the music department developing and working with young artists, adding new and exciting events and genres of music, and walk away with valuable skills as well as resume enhancing leadership and community service hours. **Contact KTUB for an application.**



## LEADERSHIP & SERVICE

### Teen Feedback

This Youth Advisory Board is a great way to be involved and enhance your leadership and service qualifications. With representation from the teen leaders in the arts, music, café, and youth for diversity programs at KTUB, we are seeking youth from diverse backgrounds, schools, and interests to lend their voice and energy to creating the teen culture and opportunities they want to see. With leadership seminars and trainings, fields trips, and special events, Teen Feedback is the engine running KTUB and our young vibrant community. **Contact [programs@ktub.org](mailto:programs@ktub.org) for your application.**

### Youth for Diversity Program (YDP)

YDP is a cross-cultural youth program that allows them to explore their values and beliefs, gain knowledge about world cultures, and develop skills to incorporate in school, work and life. Through a combination of active dialogue, field trips and intercultural experiences, YDP offers a safe space for teen to explore as well as gain diversity and cultural competency. Teens watch foreign movies, learn about music and dance, experience regional arts and craft, and with the help of our special guests, cook up some International delicacies. As part of a YMCA Global Excellence Branch, members of YDP will be eligible for participation regional and international trips.

### Teen Service Program

Want to help in the community? Need service hours? We have many volunteer projects both at KTUB as well as partnering with groups and agencies in the local community. Whether is packaging meals to send to hungry children abroad or a park clean-up, we've got something for every interest. We also encourage and support your new service project ideas. **Come join us in making a difference.**



## RESOURCES

### Teen Feed

Teen Feed is a FREE meal program offered at KTUB every Friday night at 6:00 PM and open to all young people between the ages of 13-22. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

### Y.E.S. Counseling Services

Life can be stressful! Whether you just need to drop-in and chat or would like to schedule a FREE counseling appointment, KTUB is available. **Youth Eastside Services has a counselor at KTUB Tuesday through Thursday from 3:00–7:00pm.**



## DROP IN

Anyone between the ages of 13 and 18 is welcome at KTUB during our open hours of operation. Play pool or video games, or check your email in the Technology Lab. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

Email  
[programs@ktub.org](mailto:programs@ktub.org)